

2004

The First Three Years: University of Maine Center on Aging 2002-2004

University of Maine Center on Aging

Follow this and additional works at: https://digitalcommons.library.umaine.edu/moca_service



Part of the [Gerontology Commons](#)

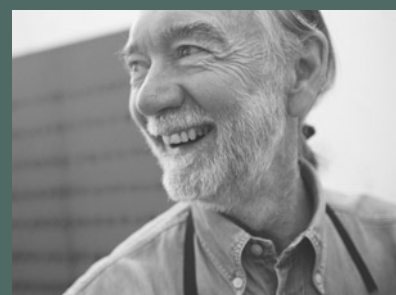
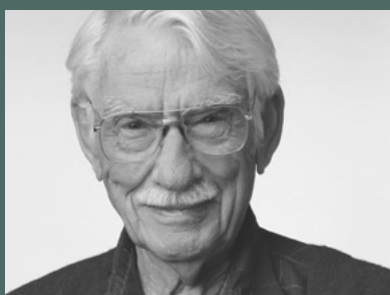
Repository Citation

University of Maine Center on Aging, "The First Three Years: University of Maine Center on Aging 2002-2004" (2004). *Maine Center on Aging Service and Consultation*. 3.

https://digitalcommons.library.umaine.edu/moca_service/3

This Report is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Center on Aging Service and Consultation by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

The First Three Years



University of Maine Center on Aging
2002 through 2004



CENTER ON AGING STAFF

LENARD W. KAYE
Director

ROBIN ARNOLD
Center Coordinator

JANE HARRIS BARTLEY
Director, RSVP

THERESA BOETTNER
VISTA Leader, AmeriCorps*VISTA Senior \$ense

PAULA BURNETT
Coordinator, RSVP

SANDRA S. BUTLER
Resident Scholar

JASON CHARLAND
Graduate Program Associate

JENNIFER CRITTENDEN
Graduate Research Assistant

MUFFY EASTMAN
Support Group Co-leader

MARJIE HARRIS
Osteoporosis Project Director,
Support Group Co-leader

BARBARA HERMANN
Graduate Research Assistant

B.J. KITCHIN
Student Program Associate

ROZ KREILKAMP
Graduate Program Associate

CHEVELLE MARSHALL
Coordinator, RSVP

ANDREW MATLINS
Director, AmeriCorps*VISTA Senior \$ense

LEAH RUFFIN
Senior Research Associate

WIN TURNER
Research Analyst

BARBARA URQUHART
SCSEP Trainee

NANCY M. WEBSTER
Training Specialist



FROM THE DIRECTOR

The first three years of Center life have passed amidst a whirlwind of activity. Our efforts have been driven by an undeniable imperative—a demographic revolution sweeping through the state of Maine and the nation. The aging of Maine's citi-

zenry is dramatically changing the state's economic, social, and political landscape. Maine has one of the oldest populations in the United States. This reality creates both wonderful opportunities and complex challenges that will confront us as our parents, our children, and ourselves, enjoy longer lives.

At the Center on Aging you will find neither an attitude of gloom and doom nor a naive fixation on the positive consequences of an aging society. Staff and students are, however, exceedingly enthusiastic and hardworking, collaborative-minded, and optimistic about the role the Center can play in impacting state aging policy, planning, and programming.

Early on in our evolution a programmatic theme has emerged for the Center on Aging. It has become apparent that we are in the business of maximizing the overall well-being of older adults and their families and promoting the active engagement of older citizens in their local communities. That mandate is a broad one but appropriate given that we are part of the University of Maine System's flagship campus. We engage in this work through the conduct of research, the education of students of all ages as well as community professionals, and the delivery of consultative and community services to the public.

We are so very grateful to the many organizations and individuals on campus and off, at the federal, state, and local levels, public and private, that have provided critical resources and partnered with us in the various aspects of our work. Without their support our efforts could not be accomplished.

The changing population landscape in Maine provides us with a unique opportunity to create a national model of how a public university in concert with community organizations, state government, and its citizens can give back to and benefit from its elders. The Center on Aging will continue to mobilize resources in service to the state's older citizens and their families.

The first three years of Center activity have been extremely productive and satisfying—but clearly, our work has just begun. The first half of 2005 will include a strategic planning retreat of Center staff, board, and students. We expect to emerge with a vision of the future and a set of goals and objectives that will lead us there, ready to respond to the diverse constituencies we serve.

THE UNIVERSITY OF MAINE'S CENTER ON AGING (UMCoA)

is an interdisciplinary research center of the University of Maine. Affiliated with the School of Social Work and the College of Business, Public Policy, and Health, its mission is to promote and facilitate activities in the areas of education, research, and evaluation, in conjunction with community service and consultation, to maximize the quality of life of older citizens and their families in Maine and beyond. The Center's primary goals are to:

- Provide opportunities for older citizens to engage in activities that not only enhance the quality of their own lives but also provide meaningful benefits to their communities.
- Make research and evaluation expertise on aging-related issues available to the State's public, voluntary, and proprietary organizations.
- Promote aging-related education and training programs at undergraduate, graduate, and continuing education levels.
- Serve as a direct link between the University and the citizens of Maine to expand the range of learning opportunities, including practical experiences, for UMaine students preparing for careers working with older adults.
- Promote collaborations and partnerships between UMaine and public/private service providers with aging-related interests.
- Serve as a resource and clearinghouse for aging information and training.

The Center's education and training division's main function is to promote and strengthen lifelong learning and continuing education opportunities for older adults and those health and human service providers who serve them. Other programs provide geriatric enrichment for UMaine students and faculty, and health and human service professionals in the community through college courses, professional seminars, and statewide conferences.

The Center on Aging strives to create lasting community partnerships as exemplified by research and service demonstration projects currently undertaken with community agencies at the local, state and federal levels. Collaborations include Center staff assistance with program planning, design, and evaluation.



RESEARCH AND
EVALUATION

EDUCATION
AND TRAINING

SERVICE AND
CONSULTATION

SUMMARY OF EDUCATION AND TRAINING PROJECTS 2002 - 2004

ANNUAL RURAL GERIATRIC CONFERENCE

The annual conference, made possible by the work of a planning group of agency representatives including the Center on Aging, targets health care providers, such as nurses, physicians, social workers, nursing facility administrators, physician assistants, psychologists, certified nursing assistants, mental health practitioners, occupational and physical therapists, and substance abuse counselors.

BAC/TOYOTA VISITING GERIATRIC SCHOLAR PROGRAM

Sponsored by Brewer Automotive Components (BAC) and the Toyota Corporation's Community Connection, the program enables visiting scholars to deliver lectures and workshops, provide technical consultation, and conduct research.

GERIATRIC ORGANIZATIONAL LEADERSHIP DEVELOPMENT (GOLD) SEMINAR SERIES

The seminars present best practice strategies and tools for achieving organizational excellence to geriatric health and human service administrators, managers, and planners. Local co-sponsors have included the Southern Maine Agency on Aging, The University of New England Geriatric/Gerontology Education Center (Portland), Senior Spectrum (Augusta), and Aroostook Area Agency on Aging (Presque Isle).

continued on page 9

EDUCATION AND TRAINING PROJECTS

Promote and strengthen lifelong learning and continuing education opportunities for older adults, students, and health and human service personnel.



Participating in the BAC/Toyota ceremony were, from left: U.S. Senator Susan Collins, Mike Goss of Toyota Motor Manufacturing N.A., Lenard W. Kaye of the UMaine Center on Aging, and Tomoya Toriumi and Albert Allen of Brewer Automotive Components.

Visiting Geriatric Scholar Program

In May 2003, The UMaine Center on Aging launched its new Visiting Geriatric Scholar Program with a gift of \$20,000 from Brewer Automotive Components (BAC) and Toyota Corporation. Now in its fifth year, Toyota's Community Connection Program has contributed over half a million dollars to nonprofit organizations in Toyota-supplier cities around the country.

Through the UMaine Center on Aging's Visiting Scholar Program, scholars, while in residence, consult with faculty and students, deliver community lectures and workshops, engage in classroom teaching, conduct research, and prepare scholarly publications. While in Maine, these nationally recognized scholars also consult with other professionals around the state who are working to maximize the quality of life for older adults and their families.

The Center on Aging hosted its first BAC/Toyota Visiting Scholar, Dr. Helen Miltiades, in the summer of 2003. Dr. Miltiades received her Ph.D. in Gerontology from UMass Boston and is a faculty member at Shippensburg University, where she directs the Hartford Foundation's Gero-Rich Curriculum Infusion Project. Dr. Miltiades's research focuses on health care utilization and access to care, including long-term-care staffing and rural parish nursing, a branch of her research she further developed during her residency here. In her capacity as a Visiting Scholar, Dr. Miltiades not only

made several presentations, but also collaborated with Center Director Lenard Kaye in research and publication endeavors.

Drs. Cynthia Stuen and Amy Horowitz, leading authorities on vision loss and aging, were the Visiting Scholars in the fall of 2003. Both are affiliated with New York-based Lighthouse International, a pioneer in the field of vision rehabilitation services. Dr. Horowitz is currently the Senior Vice President for Research and Evaluation, and Director of the Arlene R. Gordon Research Institute. Dr. Stuen is the Senior Vice President for Education and serves as the Director for the Center of Education.

During their visit, each of the scholars hosted educational seminars for undergraduate and graduate students, collaborated with the School of Nursing faculty on “strategies for infusing vision loss and changes in the elderly into the curriculum.” In collaboration with the Penobscot National Health Services, the scholars presented a workshop entitled “Sharing New and Emerging Treatments and

*The generosity of BAC and Toyota enabled the Center on Aging
to bring a series of nationally recognized experts
in the field of aging to Maine.*

Strategies to Help People with Impaired Vision.” At the Health and Human Services Providers Continuing Education Seminar, they presented “Aging and Senses: Is Vision on Your Radar Screen?”

In February 2004, the Center co-sponsored a visiting guest lecture by Kristen Hawkes, Professor of Anthropology, University of Utah on “Grandmothers, Longevity, and Human Evolution.”

The fourth BAC/Toyota Visiting Scholar was Dr. Carol Farran, a Professor of Nursing at Rush University Medical Center. Dr. Farran is an authority on the mental and physical effects of caring for the elderly person with Alzheimer’s disease or dementia. She was in residence at the UMaine campus in May, 2004. During her visit she lectured on the subject of family caregiving for the School of Nursing and the Center on Aging.



Drs. Stuen and Horowitz are leading authorities on vision loss and aging.

Penobscot Valley Senior College (PVSC)

It's learning for the fun of it!

After two years of sustained growth, Penobscot Valley Senior College (PVSC) continues to provide opportunities for adults at least 50 years old to learn in a noncompetitive environment. Housed on the campus of the University of Maine in Orono and affiliated with the UMaine Center on Aging, PVSC serves greater Bangor and the surrounding areas.



*The success of the program has been contingent
upon its 100% volunteer management,
making it unique among Maine's 15 LLIs.
It is now the second largest program
of its kind in the state.*

In 2002, a steering committee of two-dozen area citizens developed a curriculum, a marketing plan, and an organizational structure modeled after a best-practices Lifelong Learning Institute (LLI), the Senior College at the UMaine Hutchinson Center in Belfast. All LLIs are driven by the motto “Learning for the Fun of It!” They have no educational admission requirement, require no tests, and assign no grades.

The first six-week semester offered a dozen classes—with traditional liberal arts, technological, and personal fitness subjects, including history, literature, anthropology, science, and computer software, among others. The most popular classes have related to history, astronomy, Maine wildlife, and personal finance. Additional one-day programs supplement the traditional fall and spring semester courses.

As members continue to talk up the Senior College in their communities, participation has grown to over 280 paid members, with 400 more on the mailing list. The success of the program has been contingent upon its 100% volunteer management, making it unique among Maine's 15 LLIs. In 2004 the Senior College named Stan Marshall, Jr. the past president of the PVSC as its first Executive Director in order to sustain an ongoing, consistent level of support services. To assure its future, PVSC must expand curriculum offerings, look beyond the classroom space of the UMaine campus, and aggressively market the Senior College's emphasis on learning as fun to combat older students' fears and doubts about their ability to succeed in “higher education.”





Music Uniting Students and Elders (MUSE)

Music is a language understood across all culturally created boundaries. It has the ability to lift spirits, lessen pain, and unite the worst of enemies. The MUSE program made possible by a \$25,000 grant from the Davis Family Foundation, unites musicians from the Bangor Symphony Orchestra and the elderly in residential facilities in Penobscot and Piscataquis Counties in Maine, including Boyd Place, Orono Commons, Stillwater Health Care, Freeses Assisted Living, Phillips-Strickland House, Sunbury Village, Maine Veterans Home, Seven Twenty Six Finson Road-NFI North, and Westgate Manor.

MUSE further provides the opportunity for local youth to participate in these events through their schools and other programs. These events help break down the boundaries between the ages, dispel the myths of aging, teach the wonders of music, and, most of all, provide an unforgettably wonderful time.

*These programs help break down the boundaries between the ages,
dispel the myths of aging, teach the wonders of music,
and, most of all, provide
an unforgettably wonderful time.*

Photos from the first MUSE event: a Country Picnic for family and friends of the residents at NFI North's 726 Finson Road facility.

SUMMARY OF EDUCATION AND TRAINING PROJECTS

continued from page 4

Music has a powerful influence on the human mind and body. Live music can evoke feelings of pleasure, reduce stress, and lessen feelings of isolation. For too long, elders have been segregated into isolated, self-contained homes and pushed out of the mainstream of society. New ways to integrate young and old are needed to reestablish continuity and connectedness to our communities. For those unable to leave their residences to participate in community life, this program has provided an opportunity to not only enjoy a cultural event, but also have the experience enriched by sharing it with young people. Conversely, students have benefited from the intellectual and emotional development provided by arts education and the opportunity to have meaningful shared experiences with elders.



GERIATRIC SOCIAL WORK CURRICULUM INFUSION PROJECT

A three-year program of geriatric curriculum infusion funded by a John A. Hartford Foundation grant enabled the UMaine School of Social Work to increase the focus on geriatrics education.

MUSIC UNITING STUDENTS AND ELDERS (MUSE)

Funded through the David Family Foundation, MUSE unites musicians from the Bangor Symphony Orchestra, older adults in residential facilities in Penobscot and Piscataquis Counties, and youth from local schools.

PENOBSCOT VALLEY SENIOR COLLEGE (PVSC)

Affiliated with the statewide Maine Senior College Network, the Penobscot Valley Senior College offers non-credit courses and other learning opportunities for area residents 50 years and older at minimal cost.

PROFESSIONAL EXCELLENCE IN GERIATRICS SERIES (PEGS)

Emphasizing state-of-the-art geriatric practice, PEGS offers sessions on diverse topics such as end-of-life care, wellness promotion, trauma in old age, issues in elder law, assistive technology for elders with impairments, geriatric mental health, and developments in osteoporosis treatment.

SUCCESSFUL AGING COMMUNITY WORKSHOPS

Collaborating with the town of Bucksport for the second year in 2004, Successful Aging workshops help facilitate discussion about aging among Bucksport's older citizens, their families, health care providers, and service professionals. These workshops also provide an opportunity for Bucksport elders to obtain free individualized expert advice. Topics include: legal matters, active aging, health and safety, food and nutrition, and finances.

RURAL SOCIAL WORK AND AGING: THE SKILLS YOU NEED TO KNOW SERIES

Funded through the Institute for Geriatric Social Work at Boston University, this training program is focusing on teaching the skills social workers need to know in working with older adults in rural communities.

SUMMARY OF SERVICE AND CONSULTATION PROJECTS 2002 - 2004

AMERICORPS*VISTA SENIOR \$ENSE PROGRAM

The AmeriCorps*VISTA Senior \$ense Program, funded by a grant from the Corporation for National and Community Service, recruits, trains, and places VISTA members in community organizations throughout Maine to develop innovative financial, employment, and consumer counseling services for seniors living in poverty.

ALZHEIMER'S FAMILY SUPPORT GROUP PROGRAM

The self-help program of information-sharing and mutual aid for individuals in the community who are caring for relatives and friends with Alzheimer's disease and related disorders supports members of the public as well as students and staff at the University of Maine.

COALITION FOR A MAINE AGING INITIATIVE

The statewide coalition, on whose steering committee UMaine's Center on Aging and School of Social Work serve, promotes increased communication and cooperation to address program and public policy needs related to Maine's older adult population.

continued on next page

Retired and Senior Volunteer Program

(RSVP) of Hancock, Piscataquis, Penobscot
& Washington Counties

Guided by a "next generation" philosophy, UMCoA-sponsored RSVP services in Hancock, Penobscot, Piscataquis, and Washington Counties are committed to responding to the changing demographic profile, increasingly sophisticated skill set, and high expectations of the next generation of older volunteers. Incorporating the traditions endorsed by the Corporation for National and Community Service (CNCS) and RSVP's updated principles, it also reflects a strong appreciation for the evolving needs of the nation and the communities, organizations, and citizens of Maine.



RSVP Volunteer for the Born to Read program, Joan Beckford reads to children at Bangor Head Start.

Made possible by funding from the Corporation for National and Community Service, RSVP volunteers serve

in various community agencies including the Eastern Maine Area Agency on Aging nutrition program, the Penobscot Valley Hospital in Lincoln, and the Housing Foundation in Orono and Hampden. Throughout the year, 144 volunteers provided 9,386 hours of service and served 19,444 nutritious meals to 12,580 older citizens. Ninety-four and one half percent of 516 surveyed recipients reported satisfaction with meal site/staff volunteers.

Working with the Maine Humanities Council's Born to Read program, RSVP volunteers regularly read books to approximately 60 children—a total of over 450 hours—in day-care settings and schools. Each volunteer is provided expert training in early child literacy as well as preselected books, which ultimately become part of the child's personal library. Research confirms that "reading aloud to children is the single most important activity for building the knowledge required for eventual success in reading."

As part of RSVP's assistance with the implementation of the American Red Cross Blood Collection's regimen and protocol, volunteers provide services as donor registrars, as well as canteen observers and escorts, both of which are necessary to assure donor safety and comfort following the donation of blood. RSVP volunteers have provided over 200 hours of service and 1,700 pints of blood to local hospitals and emergency health cen-

SERVICE AND CONSULTATION PROJECTS

Providing opportunities for older adults and other citizens to engage in activities that enhance the quality of their own lives and provide meaningful benefits to their communities.

ters, thereby ensuring a safe, reliable supply of blood for both day-to-day medical needs and crisis situations.

Community safety and preparedness continue to be a priority for RSVP volunteers. Helen and Albert Henderson are a husband and wife RSVP team dedicated to serving as volunteers in the Civil Air Patrol. Together, they have given 424 hours of service. Civil Air Patrol (CAP) Bangor-Brewer Composite Squadron of Maine Wing Civil Air Patrol is dedicated to “serving America by developing our nation’s youth; accomplishing local, state, and national missions; and educating our citizens to ensure air and space supremacy,” including Disaster Relief and Homeland Security education.

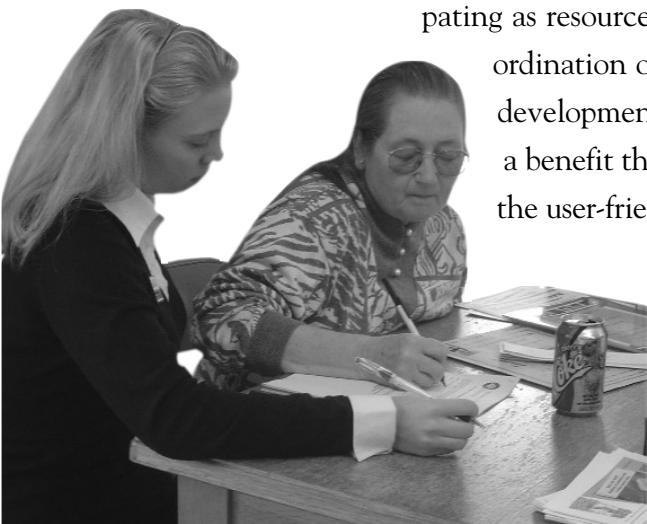
AmeriCorps*VISTA Senior \$ense

A \$1.3 million AmeriCorps*VISTA grant from the Corporation for National and Community Service launched our Senior \$ense project on October 20, 2003. Over its three-year duration, the program will address the need for financial management education and employment services for Maine’s poverty-level, elderly population. The program will also develop comprehensive resources and implement training programs to educate social service providers around the state.

The program addresses financial-management education and employment services for Maine’s poverty-level, elderly population.

On January 31, 2004, the first six volunteers began their year of service. Currently we have 18 community service agencies statewide serving as host sites for the VISTA volunteers, with additional agencies partici-

pating as resource providers and observers. Coordination of activities has resulted in the development of relationships among sites, a benefit that will be further enhanced by the user-friendly resource website.



Carrie Jeskanen, AmeriCorps*VISTA Senior \$ense member, assists SCP volunteer Faye Domer to complete the Benefits Check-up form.

SUMMARY OF SERVICE AND CONSULTATION PROJECTS

continued

MAINE PARENTING RELATIVES MENTAL HEALTH AND SUBSTANCE ABUSE PROJECT (RAPP)

The statewide planning and service project, funded by Generations United, focuses on the special significance of mental health disorders and substance abuse for Maine’s rural families and the negative impact such conditions can have on older adults who have assumed later-life parenting responsibilities.

MAY FESTIVAL: A CELEBRATION OF GENERATIONS

To promote the Center on Aging, May Festival provides musical performances, dancing, a banquet, luncheons, walking tours, films, and other events of interest to older adults and their families, with support from the Eastern Area on Aging, Dirigo Pines, Hammond Street Senior Center, Freeses Assisted Living, the Maine Discovery Museum, the Bangor Public Library, and Boyd Place, among others.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) of Hancock, Penobscot, Piscataquis, and Washington Counties

The UMaine Center on Aging’s Retired and Senior Volunteer Program (RSVP) of Hancock, Penobscot, Piscataquis, and Washington Counties—funded through the Corporation for National and Community Service, Maine Bureau of Elder and Adult Services, the United Way of Eastern Maine, and other community organizations and businesses—links active, healthy individuals 55 and older with organizations needing volunteer services.

SUMMARY OF RESEARCH AND EVALUATION PROJECTS 2002 - 2004

A WHOLE WOMAN STRATEGY AND ACTION PLAN TO RAISE NATIONAL AWARENESS ABOUT OSTEOPOROSIS

The U.S. Administration on Aging-funded project teamed up the UMaine Center on Aging and the Maine Center for Osteoporosis Research & Education to conduct focus groups with older women throughout the United States and design and pilot-test a national strategy and action plan for Osteoporosis Education.

BUCKSPORT OLDER ADULT HOUSING AND SERVICE PREFERENCE ASSESSMENT

The Center on Aging partnered with the Town of Bucksport, with financial support from the Bingham Group, to perform a systematic community-wide assessment and analysis of the housing needs and preferences of residents aged 65 years and older in Bucksport.

EASTERN MAINE TRANSPORTATION COLLABORATIVE COMMUNITY ASSESSMENT

Funded by a Maine Health Access Foundation planning grant, the Center, in conjunction with Eastern Maine Healthcare Systems and the Eastern Maine Transportation Collaborative, is studying the transportation needs of chronically ill patients 65 years and older in Penobscot, Washington, and Hancock Counties.

FAMILY CONNECTIONS TO RESOURCES PROJECT EVALUATION

Families and Children Together (FACT) has contracted with the Center to provide program evaluation services to their Family

continued on page 15

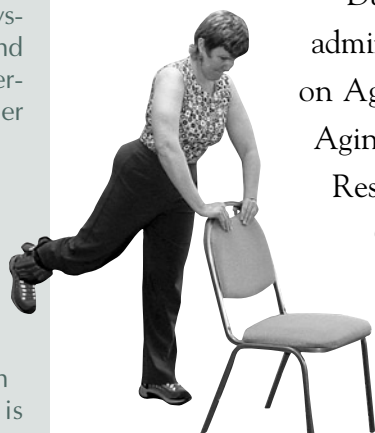
RESEARCH AND EVALUATION PROJECTS

Making research and evaluation expertise on aging-related issues available to the State's public, voluntary, and proprietary organizations.

A WHOLE WOMAN

Strategy and Action Plan to Raise National Awareness about Osteoporosis

Osteoporosis is a debilitating loss of bone mass that affects approximately 28 million people in the United States, primarily women. Previous education projects have expanded knowledge about osteoporosis but have not significantly increased participants' preventative behaviors. Funded by a one-year, \$100,000 award from the U.S. Administration on Aging, A Whole Woman developed an osteoporosis awareness campaign for post-menopausal women that embraces a "whole person" philosophy.



During the project year, twelve focus groups were administered with the assistance of five Area Agencies on Aging in Maine, the Maine National Council on Aging, the Office of Human Services on the Penobscot Reservation, Lighthouse International in New York City, the Center for Ethnic and Minority Aging in Philadelphia, and San Francisco State University's Gerontology Program. Women from the following groups were represented in

Osteoporosis awareness for post-menopausal women

the focus groups: Hispanic American, African American, Asian American, Franco American, Native American, the visually impaired, and urban, rural, and inner city older women. Variations in the following characteristics of older women also contributed to the diversity of voices: educational attainment, socioeconomic level, marital status, and living situation. Although the mean age of the 139 women was 71, the ages ranged from 56 to over 80. The number of women in each individual group ranged from 9 to 15.

Follow-up focus groups have been conducted at senior centers and congregate living facilities in Bangor; meal sites in Bangor and Penobscot; on the Penobscot Reservation in Penobscot County; as well as at locations in Georgia, Illinois, Kansas, New York City, and San Francisco.

Participants most frequently cited their primary care physician as their most reliable source of information about osteoporosis. In general, participants had a more difficult time identifying unreliable sources.

Family has had the most significant impact on our participants' health behavior. Although family members were not a major source of health information, they influenced whether or not their

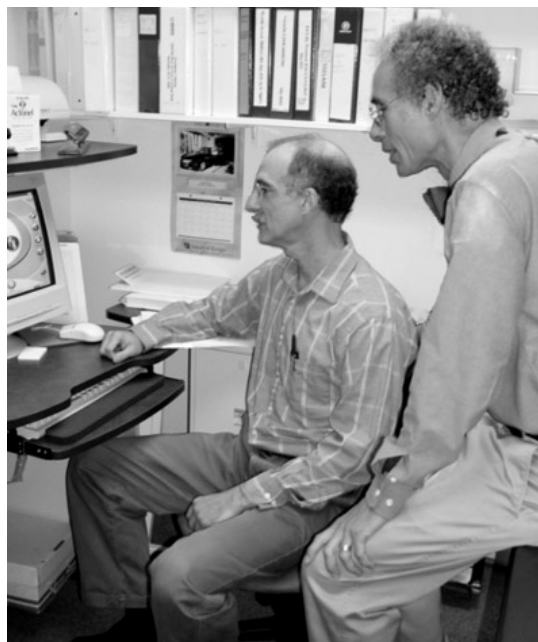
*Family has had the most significant impact on our participants'
health behavior...they influenced whether or not their loved
ones followed through with changes.*

loved ones followed through with changes in their health behavior. Although family influence was reported by all groups as important, it seems to be particularly central in some cultures and parts of the country.

The project, through workshops and presentations, was shared with others at the Annual Scientific Meetings of the Gerontological Society of America, Maine Rural Geriatrics Conference on Evidence-Based Gerontological Practice, as well as at the University of Maine's School of Business in 2003 and 2004.

The Center on Aging consulted with local and national marketing experts to determine how to best reach our target population/audience. We continue to pursue ways to "think outside the box," in an effort to develop strategies designed to research underserved populations. We also continue to incorporate concepts identified by our work with both experts in marketing and experts in the fields of gerontology, osteoporosis, and diversity, to guide our ideas for the future.

Project directors Dr. Lenard Kaye,
Director of the UMaine Center on Aging
and Dr. Clifford Rosen of the
Maine Center for Osteoporosis Research and Education,
a nationally recognized osteoporosis expert.





The Maine Primary Partners in Caregiving Project (MPPC) forged an innovative partnership among primary care practices, AAAs (Area Agencies on Aging), and a university center on aging in five rural Maine counties. This project demonstrated that primary health care is effective and efficient “upstream” point of caregiver intervention-caregivers are more likely to utilize information, support, and training when need is validated by a trusted health care provider and assistance is personally tailored to their needs.

Maine Primary Partners in Caregiving Project (MPPC)

A joint project of the Eastern Area Agency on Aging and the University of Maine Center on Aging, in partnership with the Aroostook Area Agency on Aging, Horizons Health Services, Norumbega Medical, Rosscare, and Senior Spectrum.

A brief screen administered during routine health care visits identified patients burdened with caregiving responsibilities. Caregiver specialists then assessed and responded to caregiver needs with customized services, including education and training resources. Concurrently, MPPC evaluated caregiver well-being, service utilization patterns, and the quality of community partnerships. It also generated materials, including a model education curricula for rural caregivers and primary care providers and a best-practice replication guidebook (to be published in 2005).



The University of Maine Center on Aging partnered with the Town of Bucksport to perform a systematic community-wide assessment and analysis of the housing needs and living preferences of the residents 65 years and older in Bucksport, Maine. The Center was able to carry out this work through the generous support of the Bingham Group.

UMCoA employed a multi-faceted approach to the community housing assessment, including a survey of 800 older adults living in Bucksport, telephone interviews, and focus groups, among others.

Bucksport Older Adult Housing and Service Preference Assessment



Mary Jane Bush, Health Planning Director, Bucksport Bay Healthy Communities Coalition (left) and Bucksport residents at the March 2004 Bucksport Educational Health Fair where recommendations from the project were discussed including legal, financial, health and safety, food and nutrition, and active aging topics.

Using data derived from the Town of Bucksport Health Plan, report recommendations—short term, moderate term, and long term—took into consideration community preferences as well as current economic feasibility. They included a range of recommended services, including counseling, transportation hospital services, acute care services, assisted living, volunteer meals program, respite care, and a home redesign and modification program.

SUMMARY OF RESEARCH AND EVALUATION PROJECTS

continued from page 12

Connections to Resources Project. The four year U.S. Administration on Children and Family funded project will allow FACT to expand programming to families caring for children exposed to HIV and/or substance abuse and provide eligible families legal services, assistance with respite services, and specialized training. FACT will also provide continuing professional education on the challenges facing parenting relatives.

MAINE PARTNERS FOR ELDER PROTECTION (MePEP) PROJECT

Funded by the Maine Health Access Foundation, this project forges a groundbreaking partnership among rural primary care practices in Penobscot and Piscataquis Counties, an Area Agency on Aging, UMCoA, and elder abuse community advocates. The goal is to demonstrate that primary health care is an effective and efficient site for early elder abuse screening.

MAINE PRIMARY PARTNERS IN CAREGIVING (MPPC) PROJECT

Made possible by a three-year U.S. Administration on Aging grant to the Eastern Area Agency on Aging and UMCoA that began an innovative partnership among health care professionals at Norumbega Medical, RossCare, Senior Spectrum, and the Aroostook Area Agency on Aging, the MPPC Project facilitates referrals for those in need of services provided by agency specialists who offer information, referrals, and other forms of assistance. UMCoA is responsible for the educational component and carries out the formal project evaluation.

RURAL OLDER WORKER SAFETY PILOT RESEARCH

UMCoA and the Maine Department of Labor are assessing the needs of five industries known to have the highest rates of injury among older workers: health care, shipbuilding, public schools, grocery stores, and state government. Funding is from the Harvard School of Public Health and its Harvard NIOSH Education and Research Center.

SENIOR COMPANION PROGRAM (SCP) ASSESSMENT

The SCP assessment, with funding from the John A. Hartford Foundation, evaluated the efficacy of this Corporation for National and Community Service funded and UMaine Cooperative Extension administered program.

SUMMARY OF OTHER ACTIVITIES AND PROJECTS 2002 - 2004

FACULTY ASSOCIATE PROGRAM

An interdisciplinary roster of University of Maine System educators, researchers, and administrators with interests in issues involving aging enables broad University participation in UMCoA programs and research.

MAINE BENZODIAZEPINE STUDY GROUP

The Center on Aging is an organization member of the Maine Benzodiazepine Study Group. The Group was formed in late 2002 as an initiative of Northeast Occupational Exchange in Bangor, and is comprised of physicians, epidemiologists, nurse practitioners, drug abuse specialists, health care providers, payers, advocates, and other interested parties. Members from elsewhere in the United States, and the Canadian provinces of Newfoundland and Labrador, Prince Edward Island, New Brunswick and Quebec round out the group. It is the only initiative of its kind created exclusively to gather data on benzodiazepine use and to consider evidence-based strategies that promote appropriate prescribing and usage.

MAINE CAREGIVING ALLIANCE

A statewide collaborative of organizations working for Maine's caregivers of older adults, the "coalition of ten" is dedicated to educating and mobilizing health and human service providers and corporate and small business employers on issues associated with families caring for elders. The Alliance is composed of the Maine Primary Partners in Caregiving Project (MPPC), Eastern Agency on Aging, UMaine Center

continued on next page

OTHER ACTIVITIES AND PROJECTS

Faculty Associates

Center Communications

Student Projects



One of the goals of the Center on Aging is to promote aging-related education and training programs for Maine's citizenry at the undergraduate, graduate, and continuing education levels. Achievement of this goal, in part, is being accomplished via several student-related Center objectives. These include attracting greater numbers of

Student Involvement at the Center

professional and pre-professional students to UMaine with interests in establishing Maine-based careers in the field of aging, helping sensitize increased numbers of students in the state to the economic, social, psychological, and physical challenges confronting Maine's older citizens and their families, and maximizing the range of aging-related learning opportunities and community service experiences for University of Maine System students preparing for careers working with Maine's older adults and their families.

Students have, over the past three years, benefited from their participation in innovative multidisciplinary geriatric education and training programs at the same time that they contribute significantly to the Center's day-to-day operations. In fact, the contributions of both undergraduate and graduate-level students have proven each year to be indispensable to the work of the Center's professional staff. The variety of disciplines from which stu-



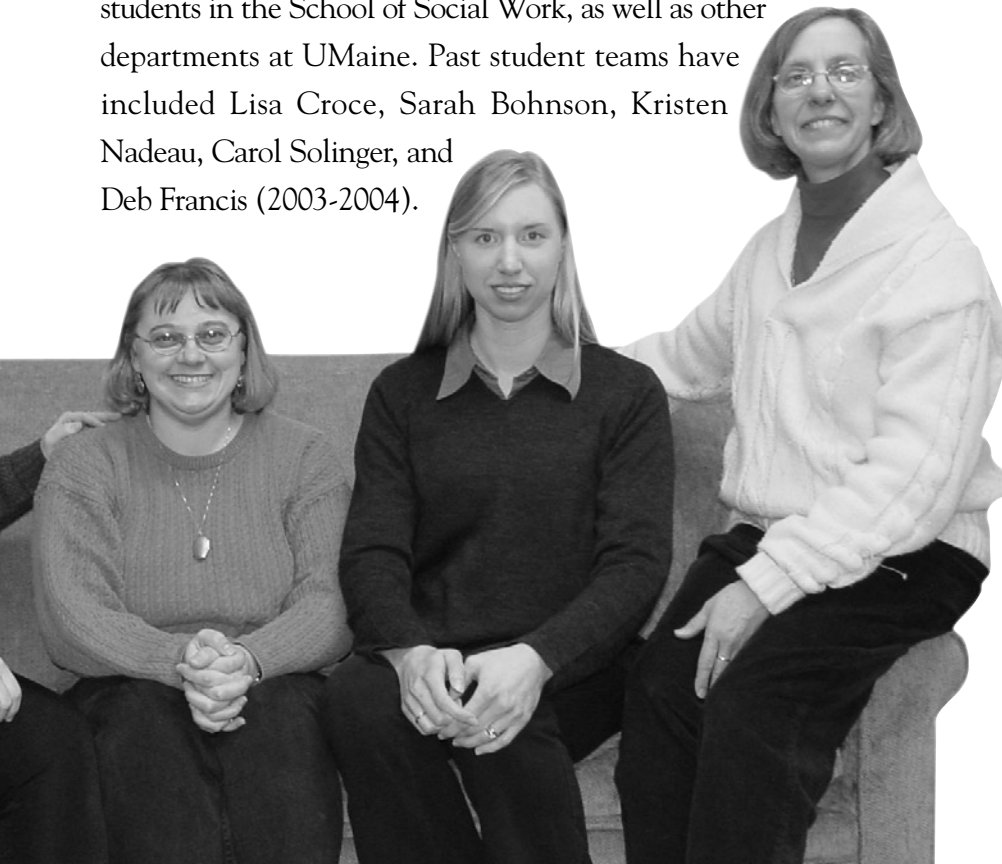
The 2002-2003 Student Team (left to right): Sarah Denis, Daryne Sanford, Judy Anderson, Christine Martel, and Carol Solinger.



The 2004-2005 Student Team (left to right: Rosamond Kreilkamp, Robert (B.J.) Kitchen and Jason Charland, and Graduate Research Assistants Jennifer Crittenden, an MSW student, and Barbara Hermann, a clinical psychology doctoral candidate.

dents come, including social work, nursing, education and human development, and psychology, speaks to the interdisciplinary nature of the initiatives and interests of the Center itself. As interns, research assistants, and administrative support staff, students not only learn and hone their research, program planning, and administrative skills, but also play significant roles in buttressing the Center's infrastructure, supporting our ability to plan and implement new programs, carry out research activities, and prepare the grant applications that help fund new initiatives aimed at furthering the goals of the Center. Student involvement has been evident in the development and implementation of projects in each of the programmatic divisions of the Center.

The concept of the Gero-Rich Student Learning Team emerged out of the Center and the School of Social Work serving as a John Hartford Foundation-funded Geriatric Enrichment in Social Work Education Program. The Learning Team is made up of three to five undergraduate and graduate students who bring impressive talent, creativity, and enthusiasm to the Center. In turn, they share aspects of their experience at the Center in the classroom with fellow students in the School of Social Work, as well as other departments at UMaine. Past student teams have included Lisa Croce, Sarah Bohannon, Kristen Nadeau, Carol Solinger, and Deb Francis (2003-2004).



SUMMARY OF OTHER ACTIVITIES AND PROJECTS

continued

on Aging, Maine Bureau of Elder and Adult Services, AARP of Maine, Maine Alzheimer's Association, Medical Care Development, Inc., Affiliated Healthcare Systems/Employee Assistant Program, Rosscare Center for Productive Aging, and Maine Health's Partnership for Health Aging.

MAINE GERONTOLOGICAL SOCIETY (MGS)

The MGS is a statewide, multidisciplinary organization comprised of individuals committed to serving the elderly. The Center plays a major role in MGS leadership and activities and sponsors the MGS website.

SPEAKERS BUREAU AND EXHIBITING PROGRAM

Center staff deliver lectures, professional presentations, and continuing education workshops at community organizations, and local, regional, and national conferences. A full range of exhibition materials have been developed that tell the UMCoA story and describe projects before university, community, and scientific audiences.

UMCoA WEBSITE

The UMCoA website, www.maine-centeronaging.org, serves as a statewide clearinghouse of information on aging, including all projects at UMCoA, the work of UMCoA faculty associates, and current national news related to aging.

UMCoA SILVERWIRE

Published three times a year, *Silverwire* provides news of events and activities at the Center and in the field of aging at UMaine. *Silverwire* is distributed throughout Maine and across the United States.

Faculty Associates of the UMaine Center on Aging

During the past three years the UMCoA Faculty Associates roster has been established. These individuals are educators, researchers, and administrators drawn from UMaine schools and departments as well as other University of Maine System institutions and organizations. Each has special interest and/or expertise in understanding and interpreting the aging process and old age. UMCoA represents a formal site where their work in the field of aging can be facilitated and disseminated to the broader Maine community.

MARC BARANOWSKI

Associate Professor, UM College of Education and Human Development
Aging in a family context; intergenerational relationships; lifespan development

JANE HARRIS-BARTLEY

Director, Retired Senior and Volunteer Program (RSVP), UM Center on Aging
Older adult services

EVELYN BEAULIEU

Director, UM Center for Adult Learning and Literacy,
College of Education and Human Development
Adult and family literacy; adult learning and teaching

ELIZABETH H. BICKNELL

Associate Professor of Nursing, UM School of Nursing
Health promotion and community living; health assessment; personal safety

AMY ENGLER BOOTH

Clinical Faculty, Clinical Supervisor, and Audiologist, UM College of Liberal Arts and Sciences, Department of Communication Sciences and Disorders
Hearing loss; amplification and assistive listening devices; Counseling as it pertains to hearing loss and aging

E. MICHAEL BRADY

Professor of Adult Education, Senior Research Fellow, Osher Lifelong Learning Institute, USM Department of Human Resource Development
Older learners; reminiscence and life review

SANDRA S. BUTLER

Associate Professor, UM School of Social Work
Rural aging; gay and lesbian aging; caregiving; elder service

BONNIE CASHIN FARMER

Assistant Professor, USM School of Nursing
Domestic violence and elder abuse; primary health care for older adults

RICHARD A. COOK

Associate Professor, UM Department of Food Science & Human Nutrition
National nutrition screening initiative; dietary assessment; antioxidant status

MARGARET CRUIKSHANK

Lecturer, UM Women's Studies; School of Social Work
Women's aging; lesbian and gay aging; humanities and aging

J. MICHAEL CRUZ

Assistant Professor, USM Department of Sociology
Aging gay men; HIV/AIDS and the elderly

NELLIE M. CYR

Assistant Professor, UM Department of Kinesiology and Physical Education
Exercise physiology; health promotion; wellness

ELIZABETH DEPOY

Professor, UM School of Social Work
Disability and aging

DEBRA J. ECKART

Associate Professor, UM Cooperative Extension
Health and wellness; volunteer opportunities

NANCY J. FISHWICK

Associate Professor, UM School of Nursing
Domestic violence/elder abuse; primary health care for older adults

STEPHEN FRENCH GILSON

Associate Professor, UM School of Social Work
Disability and aging; aging in place; health issues and policy

SUSAN F. GREENWOOD

Lecturer, UM Department of Sociology
Myers-Briggs Type Indicator (aging transitions); death and near-death religious experiences

TARA C. HEALY

Assistant Professor, USM Department of Social Work
Ethics; chronic illness; life-threatening illness; hospice; caregiving; intergenerational communication

LAURIE ELIZABETH HICKS

Associate Professor, UM Department of Art
Art

BERTRAM H. JACOBS

Professor, UMF Department of Psychology
Death and dying; health care advocacy

DEBORAH B. KILLAM

Extension Educator, Associate Extension Professor,
UM Cooperative Extension
Elder caregiving; volunteer program development, management, and administration; community-based program development; faith-based initiatives

Faculty Associates have the opportunity to participate in Center-sponsored programming and have access to technical and administrative support, resources, and a sponsorship base for their aging-related professional activities. The Center also functions as a clearinghouse and organizational nucleus, announcing to the larger community the Faculty Associates' work in the field of aging. Further, they have the opportunity to partner and contribute their expertise to Center on Aging research, education, and community service initiatives.

CAROL H. KIM

Assistant Professor, UM Department of Biochemistry,
Microbiology & Molecular Biology & NSFA
Zebrafish; immunity, infectious disease



CENTER ON AGING STAFF

Front Row: Jason Charland, Leah Ruffin,
Theresa Boettner, Jane Harris-Bartley

Back Row: Lenard Kaye, Paula Burnett,
Roz Kreilkamp, Barbara Hermann,
Andrew Matlins, Chevelle Marshall,
Jennifer Crittenden

Absent: Robin Arnold, Sandy Butler,
Muffy Eastman, Marjie Harris, BJ Kitchin,
Win Turner, Barbara Urquhart, Nancy
Webster

JANE MARIE KIRSCHLING
Dean and Professor, USM College of
Nursing and Health Professions
Nursing

DOROTHY KLIMIS-ZACAS
Associate Professor, UM Department
of Food Science and Human Nutrition
*Nutrition and cardiovascular disease and
other chronic illness*

JUDY KUHNS-HASTINGS
Associate Professor, UM School
of Nursing
Middle-aged daughter caregivers

BILL KUYKENDALL
Director, New Media Program, UM
New Media Laboratory
*Still and video documentary photography
on aging*

KALI LIGHTFOOT

Director, Osher Lifelong Learning Institute; USM Center for
Extended Academic Programs
Education by and for older adults; management of volunteer organization; educational travel

OWEN J. LOGUE

Assistant Dean of Education and Human Development
UM College of Education and Human Development
Psychosocial aspects of disability

ANDREW E. MATLINS

AmeriCorps*Vista Senior \$ense Program Director, UM Center on Aging
Workforce development; older adult service

ROBERT M. MILARDO

Professor, UM College of Education and Human Development
Social networks

KIM-ANNE PERKINS

Associate Professor, UMPI Department of Social Work
Alzheimer's disease and related disorders; psychosocial issues of aging

JAY PETERS

Lecturer, UM School of Social Work
Trauma in elderly; assessment and intervention

PAT PIERSON

Extension Educator, UM Cooperative Extension
Health; community organization

MICKEY R. PIKE

Instructor, UM School of Nursing
Gerontological nursing; geropsychological evaluations

NANCY E. RICHESON

Assistant Professor, USM College of Nursing and Health Professions
Psychosocial aging interventions

MICHAEL A. ROBBINS

Associate Research Professor, UM Department of Psychology
Cognitive aging; aging and personality

LEAH RUFFIN

Senior Research Associate, UM Center on Aging
Rural aging; caregiving; services evaluation

VALERIE C. SAUDA

Community Partner, UM School of Nursing
Long-term care in community settings; hospice issues

SUSAN S. SULLIVAN

Assistant Professor, UM Department of Food Science and Human Nutrition
Osteoporosis prevention; vitamin D

ROMAINE TURYN

Research Associate, USM Health Policy Institute, Muskie School of Public Service
Caregiver research; needs assessment; program evaluation; Alzheimer's and dementia programs training

JUDY P. WALKER

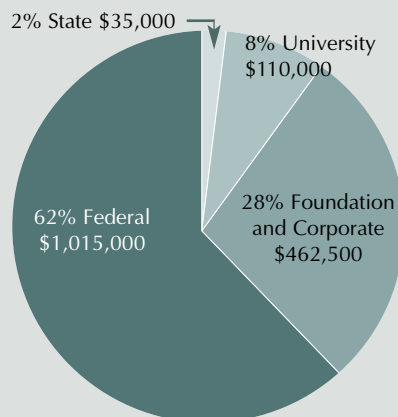
Assistant Professor, UM Department of Communication Sciences and Disorders
Language disorders in neurologically impaired adults

JEFFREY WREN

Aquatic Director, Swim Coach, UM Department of Athletics
Fitness and skill development in aquatics and other exercise activities; esteem building

FINANCIAL REPORT 2002-2004

FUNDING BY SOURCE



U.S. Senator Olympia Snowe listens to an attendee at the 2005 conference of the Maine Gerontological Society which focused on aging policy in Maine.

Sources of Support 2002-2004

The UMaine Center on Aging gratefully acknowledges the generous support of the following local, state, and national agencies, organizations, foundations and private businesses as well as individuals during the period 2002-2004.

American Association of Retired Persons (Maine)

Bangor Daily News

Bangor Lumberjacks

Bingham Group

Boston University School of Social Work

(Institute for Geriatric Social Work)

Brewer Automotive Components, Inc.

Bucksport, Town of

Corporation for National and Community Service

Davis Family Foundation

Dirigo Pines

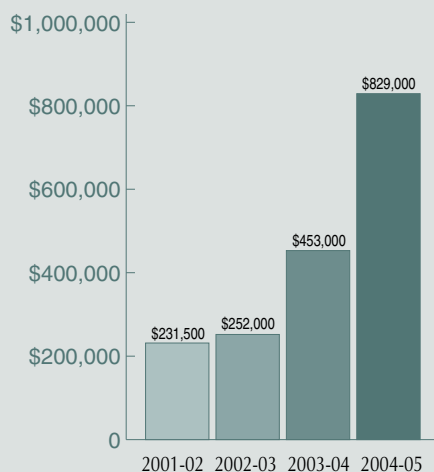
Eastern Agency on Aging

Eastern Maine Healthcare

Families and Children Together

Generations United

FUNDING BY YEAR



FINANCIAL REPORT NOTES:

Not reflected in the Financial Report 2002-2004 are an additional \$660,000 granted directly to community organizations for projects on which the Center has partnered or is currently partnering during the period 2002-2004.

An additional \$895,000 in external federal and foundation grant awards have been secured by the Center for programming periods beyond 2004 contingent on successful performance and availability of funds.

Hammond Street Senior Center
 Harvard-NIOSH Education and Research Center,
 School of Public Health
 Healthy Acadia Coalition
 John A. Hartford Foundation
 John Mahon, D.B.A.
 Maine Bureau of Elder and Adult Services
 Maine Community Foundation
 Maine Department of Health and Human Services
 Maine Health Access Foundation
 Merrill Bank
 Miller Drug
 Peoples Bank
 Charles Reisman, Esq.
 Philip Reisman, M.D.
 Shaw's Supermarkets
 Robert Strong, Ph.D.
 Toyota Corporation of North America
 U.S. Administration on Aging
 U.S. Administration on Children and Families
 United Way of Eastern Maine
 University of Maine, College of Business,
 Public Policy and Health
 University of Maine, Office of the Vice President for Research
 University of Maine School of Social Work
 WVII-TV

Contributions to the University of Maine Center on Aging directly benefit research, education, and community service projects dedicated to improving the quality of life of Maine's older adults and their families.

To make a contribution or learn how you can help please contact the:

UMaine Center on Aging
 5723 D.P. Corbett Building
 Orono, ME 04469-5723
 (207) 581-3444 (voice)
 (207) 581-4490 (fax)

ADVISORY BOARD

The Center on Aging extends enormous thanks for the generous gift of time and expertise contributed by each member.

MARY CATHCART (Co-chair)

Past State Senator, Orono, ME
 Senior Policy Fellow, Margaret Chase
 Smith Center for Public Policy, University
 of Maine, Orono, ME

EDWIN N. CLIFT (Co-chair)

President and CEO,
 Merrill Bank, Bangor, ME

ARTHUR COMSTOCK

Senior Vice President,
 Senior Marketing Manager,
 United Kingfield Bank, Bangor, ME

ROBERTA E. DOWNEY

Executive Director, Eastern Agency on
 Aging, Bangor, ME

MADELEINE FREEMAN

Past Executive Director, Eastern Agency
 on Aging, Orono, ME

JUDY HANSCOM

President, Penobscot Valley Senior
 College and Instructor in Education,
 University of Maine, Orono, ME

CATHARINE (KAY) LEBOWITZ

Member, UMCoA
 RSVP Advisory Council, Bangor, ME

JOHN MAHON

Interim Provost, John M. Murphy Chair of
 International Business Policy and Strategy
 and Professor of Management, University
 of Maine, Orono, ME

ALVIN S. MCNEILLY

Class of 1944, University of Maine,
 Owls Head, ME

LEONARD E. MINSKY

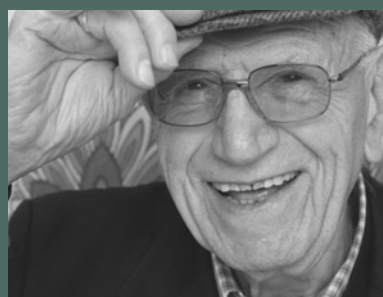
Retired President, Superior Paper Products,
 Inc., Bangor & Westbrook, ME

CLIFFORD ROSEN

Director, Maine Center for Osteoporosis
 Research and Education, Bangor, ME

DON SHARLAND

Executive Director, Dyer Library
 Association, Saco, ME
 Former Director of Senior Housing
 Maine State Housing Authority, Augusta, ME



UMaine Center on Aging
5723 Donald P. Corbett Business Building
University of Maine
Orono, Maine 04469-5723

PHONE 207.581.3444 FAX 207.581.4490

www.mainecenteronaging.org



THE UNIVERSITY OF
MAINE

A Member of the University of Maine System